



TRAINING PLAN

# Ironman 70.3 winter fitness

Build your middle-distance training consistency and fitness with this six-week plan from **Phil Mosley**

Once you've conquered sprint- and Olympic-distance triathlons, the next race on the triathlon tick-list is a big one. Consisting of a 1.9km swim, 90km bike and 21.1km run, middle-distance triathlons (also called Ironman 70.3 or half-Ironman) are anything but easy. Yes, it's probably possible to blag your way around one if you're already fit for an Olympic-distance tri, but you'll suffer like a dog in the process. If you want to enjoy the experience and race to your potential, you'll need to train

specifically – and early – for it. The main aim for Ironman 70.3 is to improve your speed endurance; getting good at going quite hard for quite a long time. It's easier said than done, but this six-week winter training plan will get you started. At this stage it's all about getting into a solid training routine. Beyond these initial six weeks, the idea is to stick with the routine but build up your key sessions gradually, month by month. This means your fitness will increase at a nice steady rate and you'll hopefully avoid injury and

**?**  
IS THIS PLAN  
FOR YOU?

**Goal**  
Build base fitness and training consistency for an Ironman 70.3 triathlon

**Timescale**  
6 weeks

**Start point**  
Cycle 90mins, Run 45mins, Swim 800m

**Level**  
Intermediate to advanced

excessive fatigue. We'll publish another Ironman 70.3 training plan in the spring, taking you up to race day. There are sessions to do from Monday to Sunday, but you can swap the days around if you need to. The important thing is that you do most of the workouts consistently each week while allowing yourself adequate time to recover. Listen to your body too. If you feel excessively tired, take it easy for a few days. Ironman 70.3 training is best suited to intermediate or advanced triathletes, rather than complete beginners. Having said that, some people choose a half iron-distance triathlon for their first ever race. All things are possible, but we don't necessarily recommend this approach unless you have a solid background in swimming, cycling or running. This training plan takes around nine hours per week (if you do all the workouts) and will gradually increase in volume (mainly at weekends). For simplicity's sake the swims are given as main set only; you should incorporate a warm-up and warm-down too. You should also check out the Key and Training Zones sections left, so you know what the abbreviations mean.

6 WEEK PLAN TRAINING ZONES GUIDE

	DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
21	Recovery	55-70	<2	1-6hrs	Easy
22	Endurance	70-75	2-3	1-3hrs	Steady
23	Tempo	75-80	3-4	50-90mins	Comfortable
24	Threshold	80-88	4-6	10-60mins	Uncomfortable
25	Vo <sub>2</sub> max	89-100	>7	12-30mins	Hard to very hard

**KEY**  
WU Warm up, MAIN Main set, WD Warm down, FC Front crawl, PULL Front crawl with a pull-buoy float between your thighs, KICK Kick with a float held out in front, Z1 Training Zone 1, Z2 Training Zone 2 Z3 Training Zone 3, Z4 Training Zone 4, Z5 Training Zone 5, DRILL Your preference of swim technique drill, BUILD Do each rep slightly faster than the previous



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Swim (recovery)	<b>MAIN</b> All in Z2 with 30secs rests: 400m FC, 400m as (25m KICK, 75m FC), 400m PULL, 200m as (25m DRILL/25m FC)		<b>RECOVERY</b>
	Tue	Bike (speed)	<b>WU</b> 10mins in Z2, 60secs accelerating from Z3 to Z5 <b>MAIN</b> 4x800m in Z4 to Z5 with 90secs recoveries <b>WD</b> 5mins in Z1	Strength	<b>MAIN</b> Group Pilates or core stability class
	Wed	Run (speed)	<b>WU</b> 10mins in Z2, 60secs accelerating from Z3 to Z5 <b>MAIN</b> 4x800m in Z4 to Z5 with 90secs rests <b>WD</b> 5mins in Z1	Swim (endurance)	<b>MAIN</b> All with 10secs rests: 250m FC Z1, 50m FC Z3, 200m PULL Z1, 100m FC Z3, 150m FC Z1, 150m PULL Z3, 100m FC Z1, 200m FC Z3, 50m FC Z1, 250m PULL
	Thur	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3 <b>MAIN</b> 3x8mins in Z3 at low cadence (big gear, 60rpm) +2mins recoveries <b>WD</b> 5mins in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	<b>MAIN</b> 8x50m FC BUILD +15secs rests, 2x200m PULL Z4 +60secs rests, 4x100m FC Z4 +30secs rests	Run (strength)	Run 30mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	<b>WU</b> 30mins in Z2 <b>MAIN</b> 30mins in Z3 <b>WD</b> 30mins in Z2		<b>RECOVERY</b>
	Sun	Run (endurance)	Off road if possible for 45mins. Run in Zone 2, but pick up the pace to upper Zone 3 for the last 15mins		<b>RECOVERY</b>
WEEK 2	Mon		<b>RECOVERY</b>		<b>RECOVERY</b>
	Tue	Bike (speed)	<b>WU</b> 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) <b>MAIN</b> 4x4mins in Z4 to Z5 +3mins recoveries <b>WD</b> 5mins in Z1	Strength	Group Pilates or core stability class
	Wed	Run (speed)	<b>WU</b> 10mins in Z2, 3x20secs in Z4 <b>MAIN</b> 3x(5x200m) in Z4 to Z5 with 20secs rests between reps and 3mins between sets <b>WD</b> 5mins in Z1	Swim (endurance)	<b>MAIN</b> 400m PULL Z3 +30secs rest, 2x200m FC Z3 +20secs rests, 2x150m PULL Z3 +15secs rests, 2x100m FC Z3 +10secs rests
	Thur	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3 <b>MAIN</b> 2x12mins in Z3 at low cadence (big gear, 60rpm) +2mins recovery <b>WD</b> 5mins in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	<b>MAIN</b> 10x100m FC as (100m in Z5/100m in Z2) +15secs rests	Run (strength)	Run 30mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	<b>WU</b> 30mins in Z2 <b>MAIN</b> 20mins in Z3, 5mins in Z1, 15mins in Z3 <b>WD</b> 30mins in Z2		<b>RECOVERY</b>
	Sun	Run (endurance)	Off road if possible for 50mins. Run in Zone 2, but pick up the pace to Zone 3 for the last 15mins		<b>RECOVERY</b>
WEEK 3	Mon	Swim (recovery)	<b>MAIN</b> All in Z2 with 30secs rests: 400m as (25m KICK, 75m FC), 400m as (25m DRILL/25m FC), 400m PULL, 400m mixed strokes		<b>RECOVERY</b>
	Tue	Bike (speed)	<b>WU</b> 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) <b>MAIN</b> 25mins in Z4 <b>WD</b> 5mins in Z1	Strength	Group Pilates or core stability class
	Wed	Run (speed)	<b>WU</b> 10mins in Z2, 60secs accelerating from Z3 to Z5 <b>MAIN</b> 3x1,000m in Z4 to Z5 with 2mins rests between reps <b>WD</b> 5mins in Z1	Swim (endurance)	<b>MAIN</b> 4x200m FC in Z3 +30secs rests, 4x100m PULL in Z3 +20secs rests, 8x50m FC in Z3 +10secs rests
	Thur	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3 <b>MAIN</b> 15mins Z3 in big gear at 60rpm, 2mins easy spin, 10mins Z3 at low cadence (big gear, 60rpm) <b>WD</b> 5mins spin in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	<b>MAIN</b> 4x100m FC BUILD +15secs rests, 200m PULL Z4 +45secs rests, 200m FC Z2 +45secs rest, 2x100m PULL Z4 +30secs rest	Run (strength)	Run 30mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	<b>WU</b> 40mins in Z2 <b>MAIN</b> 20mins in Z3, 5mins in Z1, 15mins in Z3 <b>WD</b> 30mins in Z2		<b>RECOVERY</b>
	Sun	Run (endurance)	Off road if possible for 55mins. Run in Zone 2, but pick up the pace to Zone 3 for the last 15mins		<b>RECOVERY</b>



DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT	
WEEK 4	Mon		RECOVERY		RECOVERY
	Tue	Bike (speed)	WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 6x3mins in Z4 to Z5 +2mins recoveries WD 5mins in Z1	Strength	Group Pilates or core stability class
	Wed	Run (speed)	WU 10mins in Z2, 3x20secs in Z4 MAIN 10x400m in Z4 to Z5 with 2mins jog/walk between reps WD 5mins in Z1	Swim (endurance)	MAIN 400m PULL Z2, 3x100m FC Z3 +10secs rests, 300m PULL Z2, 2x100m FC Z3 +10secs rests, 200m KICK as (25 in Z2, 25 in Z3)
	Thur	Bike (strength)	WU 10mins in Z2, 2mins in Z3 MAIN 5x5mins Z3 at low cadence (big gear, 60rpm) with 60secs easy spin recoveries WD 5mins spin in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	MAIN 4x(200m PULL Z2 +15secs rest, 4x50FC Z5 +30secs rest)	Run (strength)	Run 40mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	WU 40mins in Z2 MAIN 20mins in Z3, 5mins in Z1, 20mins in Z3 WD 35mins in Z2		RECOVERY
	Sun	Run (endurance)	Off road if possible for 1hour. Run in Zone 2, but pick up the pace to Zone 3 for the last 15mins		RECOVERY
WEEK 5	Mon	Swim (recovery)	MAIN All in Z2 with 30secs rests: 3x400m as (100m FC, 100m KICK, 100m PULL, 100m DRILL)		RECOVERY
	Tue	Bike (speed)	WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 15mins in upper Z3, 2mins in Z2, 15mins in Z4 WD 5mins in Z1	Strength	Group Pilates or core stability class
	Wed	Run (speed)	WU 10mins in Z2, 60secs accelerating from Z3 to Z5 MAIN 2x400m, 2x800m, 2x400m all in Z4 to Z5 with 2mins rests between reps WD 5mins in Z1	Swim (endurance)	MAIN 400m FC Z2 +20secs rest, 2x200m PULL Z3 +10secs rests, 200m KICK in Z3, 2x150m PULL Z3 +10secs rests, 200m FC Z2
	Thur	Bike (strength)	WU 10mins in Z2, 2mins in Z3 MAIN 15mins Z3 at low cadence (big gear, 60rpm), 2mins easy spin, 15mins Z3 at low cadence (big gear, 60rpm) WD 5mins spin in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	MAIN 8x50m FC BUILD +15secs rests, 100m KICK Z3, 4x100m PULL BUILD +15secs rests, 100m KICK Z3, 4x50FC BUILD +10secs rests, 100m KICK Z3	Run (strength)	Run 40mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	WU 50mins in Z2 MAIN 20mins in Z3, 5mins in Z1, 20mins in Z3 WD 35mins in Z2		RECOVERY
	Sun	Run (endurance)	Off road if possible for 1hour5mins. Run in Zone 2, but pick up the pace to Zone 3 for the last 15mins		RECOVERY
WEEK 6	Mon		RECOVERY		RECOVERY
	Tue	Bike (speed)	WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 1,2,3,4,3,2,1mins in Z4 to Z5 +90secs recoveries WD 5mins in Z1	Strength	Group Pilates or core stability class
	Wed	Run (speed)	WU 10mins in Z2, 3x20secs in Z4 MAIN 5x400m in Z5 +60secs rests, 3mins in Z1, 5x400m in Z5 +60secs rests WD 5mins in Z1	Swim (endurance)	MAIN 5x250m as (100m FC Z2, 50m FC Z4, 100m PULL Z2) +30secs rests
	Thur	Bike (strength)	WU 10mins in Z2, 2mins in Z3 MAIN 5x5mins Z3 at low cadence (big gear, 60rpm) with 60secs easy spin recoveries WD 5mins spin in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	MAIN All with 30secs rests: 3x100m FC Z4, 300m PULL Z2, 2x100m FC Z4, 200m PULL Z2, 100m FC Z4	Run (strength)	Run 40mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	WU 60mins in Z2 MAIN 20mins in Z3, 5mins in Z1, 20mins in Z3 WD 35mins in Z2		RECOVERY
	Sun	Run (endurance)	Off road if possible for 1hour10mins. Run in Zone 2, but pick up the pace to Zone 3 for the last 20mins		RECOVERY